

# USDA National Nutrient Database for Standard ReferenceRelease 28

## Nutrients: Fiber, total dietary (g)

Food Groups: Legumes and Legume Products  
Food Subset: All Foods  
Ordered by: Nutrient Content  
Measured by: Household  
Report Run at: October 19, 2015 19:52 EDT

NDB_No	Description	Weight(g)	Measure	Fiber, total dietary(g) Per Measure
16067	Hyacinth beans, mature seeds, raw	210.0	1.0 cup	53.8
16045	Beans, small white, mature seeds, raw	215.0	1.0 cup	53.5
16085	Peas, green, split, mature seeds, raw	197.0	1.0 cup	50.2
16047	Beans, yellow, mature seeds, raw	196.0	1.0 cup	49.2
16019	Beans, cranberry (roman), mature seeds, raw	195.0	1.0 cup	48.2
16135	Winged beans, mature seeds, raw	182.0	1.0 cup	47.1
16022	Beans, french, mature seeds, raw	184.0	1.0 cup	46.4
16030	Beans, kidney, california red, mature seeds, raw	184.0	1.0 cup	45.8
16027	Beans, kidney, all types, mature seeds, raw	184.0	1.0 cup	45.8
16035	Beans, kidney, royal red, mature seeds, raw	184.0	1.0 cup	45.8
16074	Lima beans, thin seeded (baby), mature seeds, raw	202.0	1.0 cup	41.6
16055	Carob flour	103.0	1.0 cup	41.0
16083	Mungo beans, mature seeds, raw	207.0	1.0 cup	37.9
16052	Broadbeans (fava beans), mature seeds, raw	150.0	1.0 cup	37.5
16024	Beans, great northern, mature seeds, raw	183.0	1.0 cup	37.0
16076	Lupins, mature seeds, raw	180.0	1.0 cup	34.0
16071	Lima beans, large, mature seeds, raw	178.0	1.0 cup	33.8
16080	Mung beans, mature seeds, raw	207.0	1.0 cup	33.7
16037	Beans, navy, mature seeds, raw	208.0	1.0 cup	31.8
16101	Pigeon peas (red gram), mature seeds, raw	205.0	1.0 cup	30.8
16049	Beans, white, mature seeds, raw	202.0	1.0 cup	30.7
16110	Soybeans, mature seeds, roasted, salted	172.0	1.0 cup	30.4
16410	Soybeans, mature seeds, roasted, no salt added	172.0	1.0 cup	30.4
16014	Beans, black, mature seeds, raw	194.0	1.0 cup	30.1
16042	Beans, pinto, mature seeds, raw	193.0	1.0 cup	29.9
16016	Beans, black turtle, mature seeds, raw	184.0	1.0 cup	28.5
16032	Beans, kidney, red, mature seeds, raw	184.0	1.0 cup	28.0
16040	Beans, pink, mature seeds, raw	210.0	1.0 cup	26.7

NDB_No	Description	Weight(g)	Measure	Fiber, total dietary(g) Per Measure
16001	Beans, adzuki, mature seeds, raw	197.0	1.0 cup	25.0
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	200.0	1.0 cup	24.4
16144	Lentils, pink or red, raw	192.0	1.0 cup	20.7
16069	Lentils, raw	192.0	1.0 cup	20.5
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182.0	1.0 cup	19.1
16338	Beans, navy, mature seeds, cooked, boiled, with salt	182.0	1.0 cup	19.1
16046	Beans, small white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	18.6
16346	Beans, small white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	18.6
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	18.4
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	18.4
16117	Soy flour, defatted	105.0	1.0 cup	18.4
16133	Yardlong beans, mature seeds, raw	167.0	1.0 cup	18.4
16008	Beans, baked, canned, with franks	259.0	1.0 cup	17.9
16060	Cowpeas, catjang, mature seeds, raw	167.0	1.0 cup	17.9
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	167.0	1.0 cup	17.7
16108	Soybeans, mature seeds, raw	186.0	1.0 cup	17.3
16302	Beans, adzuki, mature seed, cooked, boiled, with salt	230.0	1.0 cup	16.8
16002	Beans, adzuki, mature seeds, cooked, boiled, without salt	230.0	1.0 cup	16.8
16023	Beans, french, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	16.6
16323	Beans, french, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	16.6
16018	Beans, black turtle, mature seeds, canned	240.0	1.0 cup	16.6
16316	Beans, black, mature seeds, canned, low sodium	240.0	1.0 cup	16.6
16336	Beans, kidney, royal red, mature seeds, cooked, boiled with salt	177.0	1.0 cup	16.5
16331	Beans, kidney, california red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	16.5
16031	Beans, kidney, california red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	16.5
16036	Beans, kidney, royal red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	16.5
16021	Beans, cranberry (roman), mature seeds, canned	260.0	1.0 cup	16.4
16386	Peas, split, mature seeds, cooked, boiled, with salt	196.0	1.0 cup	16.3
16086	Peas, split, mature seeds, cooked, boiled, without salt	196.0	1.0 cup	16.3
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	253.0	1.0 can drained	16.2
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	254.0	1.0 can drained, rinsed	16.0
16370	Lentils, mature seeds, cooked, boiled, with salt	198.0	1.0 cup	15.6
16070	Lentils, mature seeds, cooked, boiled, without salt	198.0	1.0 cup	15.6
16106	Meat extender	88.0	1.0 cup	15.4
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	15.4
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	15.4

NDB_No	Description	Weight(g)	Measure	Fiber, total dietary(g) Per Measure
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	185.0	1.0 cup	15.4
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	185.0	1.0 cup	15.4
16381	Mung beans, mature seeds, cooked, boiled, with salt	202.0	1.0 cup	15.4
16081	Mung beans, mature seeds, cooked, boiled, without salt	202.0	1.0 cup	15.4
16146	Beans, pinto, canned, drained solids	277.0	1.0 can drained solids	15.2
16320	Beans, cranberry (roman), mature seeds, cooked, boiled, with salt	177.0	1.0 cup	15.2
16020	Beans, cranberry (roman), mature seeds, cooked, boiled, without salt	177.0	1.0 cup	15.2
16015	Beans, black, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	15.0
16315	Beans, black, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	15.0
16145	Beans, kidney, red, mature seeds, canned, drained solids	266.0	1.0 can drained solids	14.6
16118	Soy flour, low-fat	88.0	1.0 cup, stirred	14.1
16075	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt	182.0	1.0 cup	14.0
16375	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt	182.0	1.0 cup	14.0
16009	Beans, baked, canned, with pork	253.0	1.0 cup	13.9
16005	Beans, baked, home prepared	253.0	1.0 cup	13.9
43449	Beans, baked, canned, no salt added	253.0	1.0 cup	13.9
16091	Peanuts, spanish, raw	146.0	1.0 cup	13.9
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	256.0	1.0 cup	13.6
16089	Peanuts, all types, oil-roasted, with salt	144.0	1.0 cup, chopped	13.5
16389	Peanuts, all types, oil-roasted, without salt	144.0	1.0 cup,	13.5
16039	Beans, navy, mature seeds, canned	262.0	1.0 cup	13.4
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	188.0	1.0 cup	13.2
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188.0	1.0 cup	13.2
16333	Beans, kidney, red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	13.1
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	13.1
16092	Peanuts, spanish, oil-roasted, with salt	147.0	1.0 cup	13.1
16392	Peanuts, spanish, oil-roasted, without salt	147.0	1.0 cup	13.1
16326	Beans, great northern, mature seeds, canned, low sodium	262.0	1.0 cup	12.8
16026	Beans, great northern, mature seeds, canned	262.0	1.0 cup	12.8
16394	Peanuts, valencia, oil-roasted, without salt	144.0	1.0 cup	12.8
16094	Peanuts, valencia, oil-roasted, with salt	144.0	1.0 cup	12.8
16096	Peanuts, virginia, oil-roasted, with salt	143.0	1.0 cup	12.7
16396	Peanuts, virginia, oil-roasted, without salt	143.0	1.0 cup	12.7
16093	Peanuts, valencia, raw	146.0	1.0 cup	12.7
16051	Beans, white, mature seeds, canned	262.0	1.0 cup	12.6
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	164.0	1.0 cup	12.5

NDB_No	Description	Weight(g)	Measure	Fiber, total dietary(g) Per Measure
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164.0	1.0 cup	12.5
16095	Peanuts, virginia, raw	146.0	1.0 cup	12.4
16325	Beans, great northern, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	12.4
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	12.4
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	12.3
16073	Lima beans, large, mature seeds, canned	241.0	1.0 cup	11.6
16384	Mungo beans, mature seeds, cooked, boiled, with salt	180.0	1.0 cup	11.5
16084	Mungo beans, mature seeds, cooked, boiled, without salt	180.0	1.0 cup	11.5
16171	Refried beans, canned, vegetarian	242.0	1.0 cup	11.4
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	11.3
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	11.3
16050	Beans, white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	11.3
16350	Beans, white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	11.3
16102	Pigeon peas (red gram), mature seeds, cooked, boiled, without salt	168.0	1.0 cup	11.3
16402	Pigeon peas (red gram), mature seeds, cooked, boiled, with salt	168.0	1.0 cup	11.3
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	171.0	1.0 cup	11.1
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	171.0	1.0 cup	11.1
16044	Beans, pinto, mature seeds, canned, solids and liquids	240.0	1.0 cup	11.0
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	11.0
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256.0	1.0 cup	11.0
16029	Beans, kidney, all types, mature seeds, canned	256.0	1.0 cup	11.0
16010	Beans, baked, canned, with pork and sweet sauce	249.0	1.0 cup	11.0
16173	Frijoles rojos volteados (Refried beans, red, canned)	233.0	1.0 cup	11.0
16172	Refried beans, canned, fat-free	231.0	1.0 cup	10.9
43112	Beans, chili, barbecue, ranch style, cooked	253.0	1.0 cup	10.6
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	10.6
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	240.0	1.0 cup	10.6
16006	Beans, baked, canned, plain or vegetarian	254.0	1.0 cup	10.4
16109	Soybeans, mature cooked, boiled, without salt	172.0	1.0 cup	10.3
16409	Soybeans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	10.3
16157	Chickpea flour (besan)	92.0	1.0 cup	9.9
16011	Beans, baked, canned, with pork and tomato sauce	246.0	1.0 cup	9.8
16099	Peanut flour, defatted	60.0	1.0 cup	9.5
16100	Peanut flour, low fat	60.0	1.0 cup	9.5
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	158.0	1.0 cup cup rinsed solids	9.5
16054	Broadbeans (fava beans), mature seeds, canned	256.0	1.0 cup	9.5

NDB_No	Description	Weight(g)	Measure	Fiber, total dietary(g) Per Measure
16113	Natto	175.0	1.0 cup	9.5
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	170.0	1.0 cup	9.2
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	170.0	1.0 cup	9.2
16619	MORNINGSTAR FARMS Tuscan Greens & Beans, frozen, unprepared	241.0	1.0 entree	9.2
16341	Beans, pink, mature seeds, cooked, boiled, with salt	169.0	1.0 cup	9.0
16041	Beans, pink, mature seeds, cooked, boiled, without salt	169.0	1.0 cup	9.0
16403	Refried beans, canned, traditional, reduced sodium	238.0	1.0 cup	8.8
16103	Refried beans, canned, traditional style (includes USDA commodity)	238.0	1.0 cup	8.8
16059	Chili with beans, canned	256.0	1.0 cup	8.4
16116	Soy flour, full-fat, roasted	85.0	1.0 cup, stirred	8.2
16115	Soy flour, full-fat, raw	84.0	1.0 cup, stirred	8.1
16200	Campbell's Brown Sugar And Bacon Flavored Baked Beans	130.0	0.5 cup	8.1
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240.0	1.0 cup	7.9
16065	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork	240.0	1.0 cup	7.9
16510	WORTHINGTON Chili, canned, unprepared	230.0	1.0 cup	7.8
16111	Soybeans, mature seeds, dry roasted	93.0	1.0 cup	7.5
16201	Campbell's Pork and Beans	130.0	0.5 cup	7.0
16610	MORNINGSTAR FARMS Roasted Garlic & Quinoa Burger, frozen, unprepared	67.0	1.0 burger	6.8
16606	MORNINGSTAR FARMS Mediterranean Chickpea, frozen, unprepared	67.0	1.0 Burger	6.8
16590	MORNINGSTAR FARMS BBQ Riblets, frozen, unprepared	142.0	1.0 sauce	6.7
16617	MORNINGSTAR FARMS Spicy Black Bean Enchilada Entree, frozen, unprepared	255.0	1.0 entree	6.6
43132	Meatballs, meatless	144.0	1.0 cup	6.6
16594	MORNINGSTAR FARMS Lasagna with Veggie Sausage, frozen, unprepared	284.0	1.0 entree	6.5
16134	Yardlong beans, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	6.5
16434	Yardlong beans, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	6.5
16361	Cowpeas, catjang, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	6.2
16061	Cowpeas, catjang, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	6.2
16554	MORNINGSTAR FARMS Tomato & Basil Pizza Burger, frozen, unprepared	67.0	1.0 burger	6.1
43128	Chicken, meatless	168.0	1.0 cup	6.0
43410	Chicken, meatless, breaded, fried	130.0	1.0 cup, diced	5.6
16088	Peanuts, all types, cooked, boiled, with salt	63.0	1.0 cup in shell, edible yield	5.5
16616	MORNINGSTAR FARMS Garden Veggie Nuggets, frozen, unprepared	80.0	5.0 nuggets	5.5
43130	Frankfurter, meatless	140.0	1.0 cup, sliced	5.5
43114	Vermicelli, made from soy	140.0	1.0 cup	5.5
16618	MORNINGSTAR FARMS Spicy Indian Veggie Burger, frozen, unprepared	67.0	1.0 burger	5.2
43134	Vegetarian fillets	85.0	1.0 fillet	5.2

NDB_No	Description	Weight(g)	Measure	Fiber, total dietary(g) Per Measure
16243	SILK Plus Fiber, soymilk	243.0	1.0 cup	5.1
16586	GARDENBURGER Veggie Medley Burger, frozen, unprepared	71.0	1.0 patty	5.0
16584	GARDENBURGER Savory Portabella Veggie Burger, frozen, unprepared	71.0	1.0 patty	5.0
16204	PACE, Spicy Jalapeno Refried Beans	120.0	0.5 cup	5.0
16202	PACE, Traditional Refried Beans	120.0	0.5 cup	5.0
16592	MORNINGSTAR FARMS California Turk'y Burger, frozen, unprepared	64.0	1.0 burger	4.9
16377	Lupins, mature seeds, cooked, boiled, with salt	166.0	1.0 cup	4.6
16077	Lupins, mature seeds, cooked, boiled, without salt	166.0	1.0 cup	4.6
16570	GARDENBURGER Black Bean Chipotle Burger, frozen, unprepared	71.0	1.0 patty	4.3
16556	MORNINGSTAR FARMS Chik'n Nuggets, frozen, unprepared	86.0	4.0 nuggets	4.2
16516	WORTHINGTON Multigrain Cutlets, canned, unprepared	92.0	2.0 slices	4.1
16555	MORNINGSTAR FARMS Buffalo Wings, frozen, unprepared	85.0	5.0 Wings	4.1
22123	MORNINGSTAR FARMS Spicy Black Bean Burger, frozen, unprepared	67.0	1.0 burger	4.0
16203	PACE, Salsa Refried Beans	120.0	0.5 cup	4.0
16601	MORNINGSTAR FARMS Grillers Chik'n Veggie Patties, frozen, unprepared	67.0	1.0 patty	3.8
16588	MORNINGSTAR FARMS Chik'n Grill Veggie Patties, frozen, unprepared	67.0	1.0 patty	3.8
16104	Bacon, meatless	144.0	1.0 cup	3.7
22121	MORNINGSTAR FARMS Grillers Vegan, frozen, unprepared	71.0	1.0 Burger	3.7
16585	GARDENBURGER Sun-Dried Tomato Basil Burger, frozen, unprepared	71.0	1.0 patty	3.7
16507	LOMA LINDA Redi-Burger, canned, unprepared	85.0	1.0 slice , 5/8"	3.7
16508	LOMA LINDA Tender Bits, canned, unprepared	85.0	6.0 pieces	3.7
16607	MORNINGSTAR FARMS Buffalo Chik Patties, frozen, unprepared	71.0	1.0 patty	3.6
16581	GARDENBURGER Flame Grilled Burger, frozen, unprepared	96.0	1.0 patty	3.6
16579	GARDENBURGER Original, frozen, unprepared	71.0	1.0 patty	3.6
16600	MORNINGSTAR FARMS Sesame Chik'n Entree, frozen, unprepared	269.0	1.0 package	3.5
16147	Veggie burgers or soyburgers, unprepared	70.0	1.0 pattie	3.4
16551	MORNINGSTAR FARMS Asian Veggie Patties, frozen, unprepared	67.0	1.0 burger	3.4
16552	MORNINGSTAR FARMS Mushroom Lover's Burger, frozen, unprepared	64.0	1.0 burger	3.3
22118	MORNINGSTAR FARMS Garden Veggie Patties, frozen, unprepared	67.0	1.0 burger	3.0
16505	LOMA LINDA Swiss Stake with Gravy, canned, unprepared	92.0	1.0 piece	2.9
16426	Tofu, raw, firm, prepared with calcium sulfate	126.0	0.5 cup	2.9
16521	WORTHINGTON Vegetable Skallops, canned, unprepared	85.0	0.5 cup	2.9
16538	MORNINGSTAR FARMS Breakfast Pattie with Organic Soy, frozen, unprepared	38.0	1.0 Patty	2.9
16609	MORNINGSTAR FARMS Breakfast Pattie, frozen, unprepared	38.0	1.0 pattie	2.9
16602	MORNINGSTAR FARMS Meal Starters Veggie Meatballs, frozen, unprepared	80.0	5.0 meatballs	2.9
16596	MORNINGSTAR FARMS Grillers Quarter Pound Veggie Burger, frozen, unprepared	114.0	1.0 burger	2.8

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16548	MORNINGSTAR FARMS Grillers Original, frozen, unprepared	64.0	1.0 burger	2.8
22120	MORNINGSTAR FARMS Grillers Burger Style Recipe Crumbles, frozen, unprepared	50.0	0.5 cup	2.8
16504	LOMA LINDA Tender Rounds with Gravy, canned, unprepared	80.0	6.0 pieces	2.8
16560	MORNINGSTAR FARMS Corn Dog, frozen, unprepared	71.0	1.0 dog	2.7
16611	MORNINGSTAR FARMS Parmesan Garlic Wings, frozen, unprepared	85.0	5.0 Wings	2.6
16528	WORTHINGTON Dinner Roast, frozen, unprepared	85.0	1.0 slice , 3/4"	2.6
16608	MORNINGSTAR FARMS Chik Patties Original, frozen, unprepared	71.0	1.0 patty	2.6
16511	WORTHINGTON Choplets, canned, unprepared	92.0	2.0 slices	2.6
43137	Vegetarian meatloaf or patties	56.0	1.0 slice	2.6
16097	Peanut butter, chunk style, with salt	32.0	2.0 tbsp	2.6
16397	Peanut butter, chunk style, without salt	32.0	2.0 tbsp	2.6
16565	MORNINGSTAR FARMS Sausage Style Recipe Crumbles, frozen, unprepared	55.0	0.667 cup	2.5
16149	Peanut spread, reduced sugar	31.0	2.0 tbsp	2.4
16087	Peanuts, all types, raw	28.35	1.0 oz	2.4
16615	MORNINGSTAR FARMS Chipotle Black Bean Crumbles, frozen, unprepared	56.0	0.5 cup	2.4
16090	Peanuts, all types, dry-roasted, with salt	28.35	1.0 oz	2.4
16557	MORNINGSTAR FARMS Chik Patties, frozen, unprepared	71.0	1.0 patty	2.1
16502	LOMA LINDA Low Fat Big Franks, canned, unprepared	51.0	1.0 link	2.1
16534	WORTHINGTON Stakelets, frozen, unprepared	71.0	1.0 piece	2.0
16561	MORNINGSTAR FARMS Corn Dog Mini, frozen, unprepared	76.0	4.0 pieces	2.0
16240	SILK Light Chocolate, soymilk	243.0	1.0 cup	1.9
16237	SILK Chocolate, soymilk	243.0	1.0 cup	1.9
16229	Soymilk (All flavors), lowfat, with added calcium, vitamins A and D	243.0	1.0 cup	1.9
16242	SILK Plus for Bone Health, soymilk	243.0	1.0 cup	1.9
16500	LOMA LINDA Little Links, canned, unprepared	46.0	2.0 links	1.9
16532	WORTHINGTON Prosage Roll, frozen, unprepared	55.0	1.0 slice , 5/8"	1.9
16150	Peanut butter, smooth, reduced fat	36.0	2.0 tablespoon	1.9
16549	MORNINGSTAR FARMS Grillers Prime, frozen, unprepared	71.0	1.0 burger	1.8
16167	USDA Commodity, Peanut Butter, smooth	32.0	2.0 tbsp	1.8
16156	Peanut butter, chunky, vitamin and mineral fortified	32.0	2.0 tbsp	1.8
16546	MORNINGSTAR FARMS Breakfast Sausage Links, frozen, unprepared	45.0	2.0 links	1.8
16529	WORTHINGTON FriPats, frozen, unprepared	64.0	1.0 patty	1.8
16155	Peanut butter, smooth, vitamin and mineral fortified	32.0	2.0 tbsp	1.8
22126	LOMA LINDA Big Franks, canned, unprepared	51.0	1.0 link	1.8
16227	Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D	243.0	1.0 cup	1.7
16098	Peanut butter, smooth style, with salt	32.0	2.0 tbsp	1.6

NDB_No	Description	Weight(g)	Measure	Fiber, total dietary(g) Per Measure
16398	Peanut butter, smooth style, without salt	32.0	2.0 tbsp	1.6
16522	WORTHINGTON Vegetable Steaks, canned, unprepared	72.0	2.0 slices	1.6
16211	Vitasoy USA, Organic Nasoya Super Firm Cubed Tofu	79.0	0.2 package	1.6
16603	MORNINGSTAR FARMS Breakfast Biscuit Sausage, Egg & Cheese, frozen, unprepared	105.0	1.0 biscuit	1.6
16420	Soy protein concentrate, produced by acid wash	28.35	1.0 oz	1.6
16121	Soy protein concentrate, produced by alcohol extraction	28.35	1.0 oz	1.6
22122	MORNINGSTAR FARMS Breakfast Sausage Patties, frozen, unprepared	38.0	1.0 patty	1.6
16591	WORTHINGTON Leanies, frozen, unprepared	40.0	1.0 link	1.5
16523	WORTHINGTON Vegetarian Burger, canned, unprepared	55.0	0.25 cup	1.5
16120	Soymilk, original and vanilla, unfortified	243.0	1.0 cup	1.5
16228	Soymilk, original and vanilla, light, unsweetened, with added calcium, vitamins A and D	243.0	1.0 cup	1.5
16506	LOMA LINDA Vege-Burger, canned, unprepared	55.0	0.25 cup	1.4
16513	WORTHINGTON FriChik Original, canned, unprepared	90.0	2.0 pieces	1.4
16526	WORTHINGTON Meatless Chicken Roll, frozen, unprepared	55.0	1.0 slices , 3/8"	1.3
16517	WORTHINGTON Prime Stakes, canned, unprepared	92.0	1.0 piece	1.3
16531	WORTHINGTON Prosage Links, frozen, unprepared	45.0	2.0 links	1.3
16128	Tofu, dried-frozen (koyadofu)	17.0	1.0 piece	1.2
16222	Soymilk (all flavors), unsweetened, with added calcium, vitamins A and D	243.0	1.0 cup	1.2
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	126.0	0.5 cup	1.1
16129	Tofu, fried	28.35	1.0 oz	1.1
16518	WORTHINGTON Saucettes, canned, unprepared	38.0	1.0 link	1.1
42291	Peanut butter, reduced sodium	16.0	1.0 tbsp	1.1
16509	LOMA LINDA Linketts, canned, unprepared	35.0	1.0 link	1.0
16212	Vitasoy USA, Organic Nasoya Extra Firm Tofu	79.0	0.2 package	1.0
16524	WORTHINGTON Veja-Links, canned, unprepared	31.0	1.0 link	1.0
16255	SILK Peach soy yogurt	170.0	1.0 container	1.0
16259	SILK Banana-Strawberry soy yogurt	170.0	1.0 container	1.0
16256	SILK Black Cherry soy yogurt	170.0	1.0 container	1.0
16253	SILK Strawberry soy yogurt	170.0	1.0 container	1.0
16275	Vitasoy USA Organic Nasoya Sprouted, Tofu Plus Super Firm	85.0	3.0 oz	1.0
16257	SILK Blueberry soy yogurt	170.0	1.0 container	1.0
16254	SILK Raspberry soy yogurt	170.0	1.0 container	1.0
16251	SILK Vanilla soy yogurt (single serving size)	170.0	1.0 container	1.0
16258	SILK Key Lime soy yogurt	170.0	1.0 container	1.0
16399	Peanut butter with omega-3, creamy	16.0	1.0 tbsp	1.0
16239	SILK Light Vanilla, soymilk	243.0	1.0 cup	1.0



NDB_No	Description	Weight(g)	Measure	Fiber, total dietary(g) Per Measure
16166	Soymilk, chocolate, unfortified	243.0	1.0 cup	1.0
16215	Vitasoy USA, Vitasoy Organic Creamy Original Soymilk	243.0	1.0 cup	1.0
16236	SILK Vanilla, soymilk	243.0	1.0 cup	1.0
16216	Vitasoy USA, Vitasoy Organic Classic Original Soymilk	243.0	1.0 cup	1.0
16223	Soymilk (All flavors), enhanced	243.0	1.0 cup	1.0
16244	SILK Unsweetened, soymilk	243.0	1.0 cup	1.0
16241	SILK Plus Omega-3 DHA, soymilk	243.0	1.0 cup	1.0
16168	Soymilk, chocolate, with added calcium, vitamins A and D	243.0	1.0 cup	1.0
16238	SILK Light Plain, soymilk	243.0	1.0 cup	1.0
16235	SILK Plain, soymilk	243.0	1.0 cup	1.0
16245	SILK Very Vanilla, soymilk	243.0	1.0 cup	1.0
22119	MORNINGSTAR FARMS Veggie Dog, frozen, unprepared	40.0	1.0 link	0.9
16112	Miso	17.0	1.0 tbsp	0.9
16159	Tofu, extra firm, prepared with nigari	91.0	0.2 block	0.9
16252	SILK Plain soy yogurt	227.0	1.0 container	0.9
16250	SILK Vanilla soy yogurt (family size)	227.0	1.0 container	0.9
16158	Hummus, commercial	15.0	1.0 tbsp	0.9
16593	MORNINGSTAR FARMS Hot and Spicy Veggie Sausage Patties, frozen, unprepared	38.0	1.0 patty	0.9
16519	WORTHINGTON Super Links, canned, unprepared	48.0	1.0 link	0.9
16514	WORTHINGTON Low Fat Fri Chik, canned, unprepared	85.0	2.0 pieces	0.8
16273	Vitasoy USA Organic Nasoya, Tofu Plus Extra Firm	85.0	3.0 oz	0.8
16542	MORNINGSTAR FARMS Breakfast Bacon Strips, frozen, unprepared	16.0	2.0 strips	0.8
16535	WORTHINGTON Stripples, frozen, unprepared	16.0	2.0 strip	0.8
16512	WORTHINGTON Diced Chik, canned, unprepared	55.0	0.25 cup	0.8
16160	Tofu, hard, prepared with nigari	122.0	0.25 block	0.7
16225	Soymilk, original and vanilla, light, with added calcium, vitamins A and D	243.0	1.0 cup	0.7
43212	Bacon bits, meatless	7.0	1.0 tbsp	0.7
16276	Vitasoy USA Azumaya, Extra Firm Tofu	79.0	0.2 package	0.7
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	140.0	1.0 cup	0.7
16107	Sausage, meatless	25.0	1.0 link	0.7
16274	Vitasoy USA Organic Nasoya, Tofu Plus Firm	85.0	3.0 oz	0.7
16525	WORTHINGTON Chic-Ketts, frozen, unprepared	55.0	2.0 slices (3/8" thick)	0.7
16213	Vitasoy USA, Organic Nasoya Firm Tofu	79.0	0.2 package	0.6
16533	WORTHINGTON Smoked Turkey Roll, frozen, unprepared	55.0	1.0 slice , 3/8"	0.6
16137	Hummus, home prepared	15.0	1.0 tablespoon	0.6
43476	Tofu yogurt	262.0	1.0 cup	0.5

NDB_No	Description	Weight(g)	Measure	Fiber, total dietary(g) Per Measure
16429	Tofu, fried, prepared with calcium sulfate	13.0	1.0 piece	0.5
16281	HOUSE FOODS Premium Firm Tofu	56.0	2.0 oz	0.5
43135	Sandwich spread, meatless	15.0	1.0 tbsp	0.5
16230	Soymilk (all flavors), nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	0.5
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	243.0	1.0 cup	0.5
16231	Soymilk, chocolate, nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	0.5
16277	Vitasoy USA Azumaya, Firm Tofu	79.0	0.2 package	0.5
16210	Vitasoy USA, Nasoya Lite Firm Tofu	79.0	0.2 package	0.5
16271	Vitasoy USA Organic Nasoya, Soft Tofu	79.0	0.2 package	0.5
16279	HOUSE FOODS Premium Soft Tofu	56.0	2.0 oz	0.4
16427	Tofu, raw, regular, prepared with calcium sulfate	124.0	0.5 cup	0.4
16515	WORTHINGTON Low Fat Veja-Links, canned, unprepared	31.0	1.0 link	0.4
16214	Vitasoy USA, Organic Nasoya Silken Tofu	91.0	0.2 package	0.3
16219	Vitasoy USA, Vitasoy Light Vanilla Soymilk	243.0	1.0 cup	0.2
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120.0	1.0 piece (2-1/2" x 2-3/4" x 1")	0.2
43125	Beans, liquid from stewed kidney beans	240.0	1.0 cup	0.2
16428	Tofu, dried-frozen (koyadofu), prepared with calcium sulfate	17.0	1.0 piece	0.2
16278	Vitasoy USA Azumaya, Silken Tofu	91.0	0.2 package	0.2
43131	Luncheon slices, meatless	14.0	1.0 slice, thin	0.2
16124	Soy sauce made from soy (tamari)	18.0	1.0 tbsp	0.1
16123	Soy sauce made from soy and wheat (shoyu)	16.0	1.0 tbsp	0.1
16424	Soy sauce made from soy and wheat (shoyu), low sodium	14.2	1.0 tbsp	0.1
16125	Soy sauce made from hydrolyzed vegetable protein	18.0	1.0 tbsp	0.1
16163	MORI-NU, Tofu, silken, extra firm	84.0	1.0 slice	0.1
16161	MORI-NU, Tofu, silken, soft	84.0	1.0 slice	0.1
16162	MORI-NU, Tofu, silken, firm	84.0	1.0 slice	0.1
16425	Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	15.0	1.0 tbsp	0.0
16249	SILK Coffee, soymilk	243.0	1.0 cup	0.0
16262	SILK Hazelnut Creamer	15.0	1.0 tbsp	0.0
16246	SILK Nog, soymilk	122.0	0.5 cup	0.0
43299	Soybean, curd cheese	225.0	1.0 cup	0.0
16527	WORTHINGTON Meatless Corned Beef Roll, frozen, unprepared	55.0	2.0 slices , 3/8"	0.0
16164	MORI-NU, Tofu, silken, lite firm	84.0	1.0 slice	0.0
16422	Soy protein isolate, potassium type	28.35	1.0 oz	0.0
16247	SILK Chai, soymilk	243.0	1.0 cup	0.0
16260	SILK Original Creamer	15.0	1.0 tbsp	0.0

NDB_No	Description	Weight(g)	Measure	Fiber, total dietary(g) Per Measure
16122	Soy protein isolate	28.35	1.0 oz	0.0
16165	MORI-NU, Tofu, silken, lite extra firm	84.0	1.0 slice	0.0
16248	SILK Mocha, soymilk	243.0	1.0 cup	0.0
16261	SILK French Vanilla Creamer	15.0	1.0 tbsp	0.0
16536	WORTHINGTON Wham (roll), frozen, unprepared	55.0	1.0 slice , 3/8"	0.0